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An antenna system (1) transmits return signals, for example, in the band Ka, based on signals received from a distribution network in the band from 2.5-3 GHz. The return signals are transmitted through the network from a user receiver (PC) with a frequency lying below 65 MHz, they are processed in a frequency converter (up-C) between the network and the antenna system so as to be delivered to the antenna system with a frequency lying in the 2.5-3 GHz band, and frequency management data received in the downstream channel are used in the frequency converter (up-C) for selecting the frequency in the 2.5-3 GHz band. Fig. 1